



केन्द्रीय माध्यमिक शिक्षा बोर्ड  
(मानव संसाधन विकास मंत्रालय, भारत सरकार के अधीन एक स्वायत्त संगठन)  
**CENTRAL BOARD OF SECONDARY EDUCATION**  
(An Autonomous Organisation under the Ministry of Human Resource Development, Govt. of India)



CBSE/DIR./SE&T/Fit India/2020

14.08.2020  
Notification No: 72/2020

## NOTIFICATION

### Fit India Freedom Run from 15<sup>th</sup> August to 2<sup>nd</sup> October 2020

CBSE in association with Fit India has been conducting various activities for the overall physical, emotional, and mental well-being of our stakeholders especially the school students.

With the motto *“RUNNING: The human body's most raw form of FREEDOM”*, Fit India Movement is conducting **Fit India Freedom Run from 15<sup>th</sup> August – 2<sup>nd</sup> October 2020** to encourage fitness and help all citizens to get freedom from obesity, laziness, stress, anxiety, diseases etc. The concept behind this run is that *“It can be run anywhere, anytime!”*

#### Participants

- Run a route of their choice, at a time that suits them.
- Break-up your runs.
- Run their own race at their own pace.
- Track kms manually or by using any tracking app or GPS watch.
- Post their pictures on their social media with #Run4India

#### Please Note that:

- School will upload the data of total number of participation and cumulative distance covered by the participants on the Fit India Portal. [www.fitindia.gov.in](http://www.fitindia.gov.in)
- CBSE and FIT INDIA Mission advise the Schools and individuals to follow the social distancing norms and encourage the new normal of 'virtual runs' as is being practiced by runners / walkers across the world.

All Schools affiliated to CBSE are therefore, requested to share the information about the event with all students, teachers & staff, so that maximum number of students, teachers, staff and their families can run/walk for Fit India Freedom Run from 15<sup>th</sup> August to 2<sup>nd</sup> October on any day(s).

For any query and feedback, the schools may visit <https://fitindia.gov.in/fit-india-freedom-run/>

(Dr. Biswajit Saha)  
Director (Training and Skill Education)



'शिक्षा सदन', 17 राऊज़ एवेन्यू, इंस्टीटूशनल एरिया, नई दिल्ली-110002  
'ShikshaSadan', 17, Rouse Avenue, Institutional Area, New Delhi – 110002





# केन्द्रीय माध्यमिक शिक्षा बोर्ड

(मानव संसाधन विकास मंत्रालय, भारत सरकार के अधीन एक स्वायत्त संगठन)

## CENTRAL BOARD OF SECONDARY EDUCATION

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Copy to the respective Heads of Directorates, Organizations and Institutions as indicated below with a request to disseminate the information to all the schools under their jurisdiction:

1. The Commissioner, Kendriya Vidyalaya Sangathan, 18-Institutional Area, Shaheed Jeet Singh Marg, Delhi-110016.
2. The Commissioner, Navodaya Vidyalaya Samiti, B-15, Sector-62, Institutional Area, Noida 201309.
3. The Director of Education, Directorate of Education, Govt. of NCT of Delhi, Old Secretariat, Delhi-110054
4. The Director of Public Instructions (Schools), Union Territory Secretariat, Sector 9, Chandigarh-160017
5. The Director of Education, Govt. of Sikkim, Gangtok, Sikkim –737101
6. The Director of School Education, Govt. of Arunachal Pradesh, Itanagar –791 111
7. The Director of Education, Govt. of A&N Islands, Port Blair - 744101
8. The Director, Central Tibetan School Administration, ESSESS Plaza, Community Centre, Sector 3, Rohini
9. The Additional Director General of Army Education, A-Wing, Sena Bhawan, DHQ, PO, New Delhi-110001
10. The Secretary AWES, Integrated Headquarters of MoD (Army), FDRC Building No. 202, Shankar Vihar (Near APS), Delhi Cantt-110010
11. All Regional Directors/Regional Officers of CBSE with the request to send this circular to all the Heads of the affiliated schools of the Board in their respective regions for compliance.
12. All Director/Heads/ In-Charges, COEs of the Board with request to disseminate the information
13. All Joint Secretary/Deputy Secretary/Assistant Secretary, CBSE
14. In charge IT Unit with the request to put this circular on the CBSE Academic website
15. The Public Relations Officer, CBSE
16. EO to Chairperson, CBSE
17. SPS to Secretary, CBSE
18. SPS to Director (Information Technology), CBSE
19. SPS to Director (Academics) CBSE.
20. SPS to Controller of Examinations, CBSE
21. SPS to Director (Skill Education), CBSE
22. SPS to Director (Professional Exam), CBSE

Director (Training and Skill Education)



‘शिक्षा सदन’, 17 राऊज़ एवेन्यू, इंस्टीट्यूशनल एरिया, नई दिल्ली-110002

‘ShikshaSadan’, 17, Rouse Avenue, Institutional Area, New Delhi – 110002



# SOP (Standard Operating Procedure)

For Schools for FIT INDIA FREEDOM RUN Event

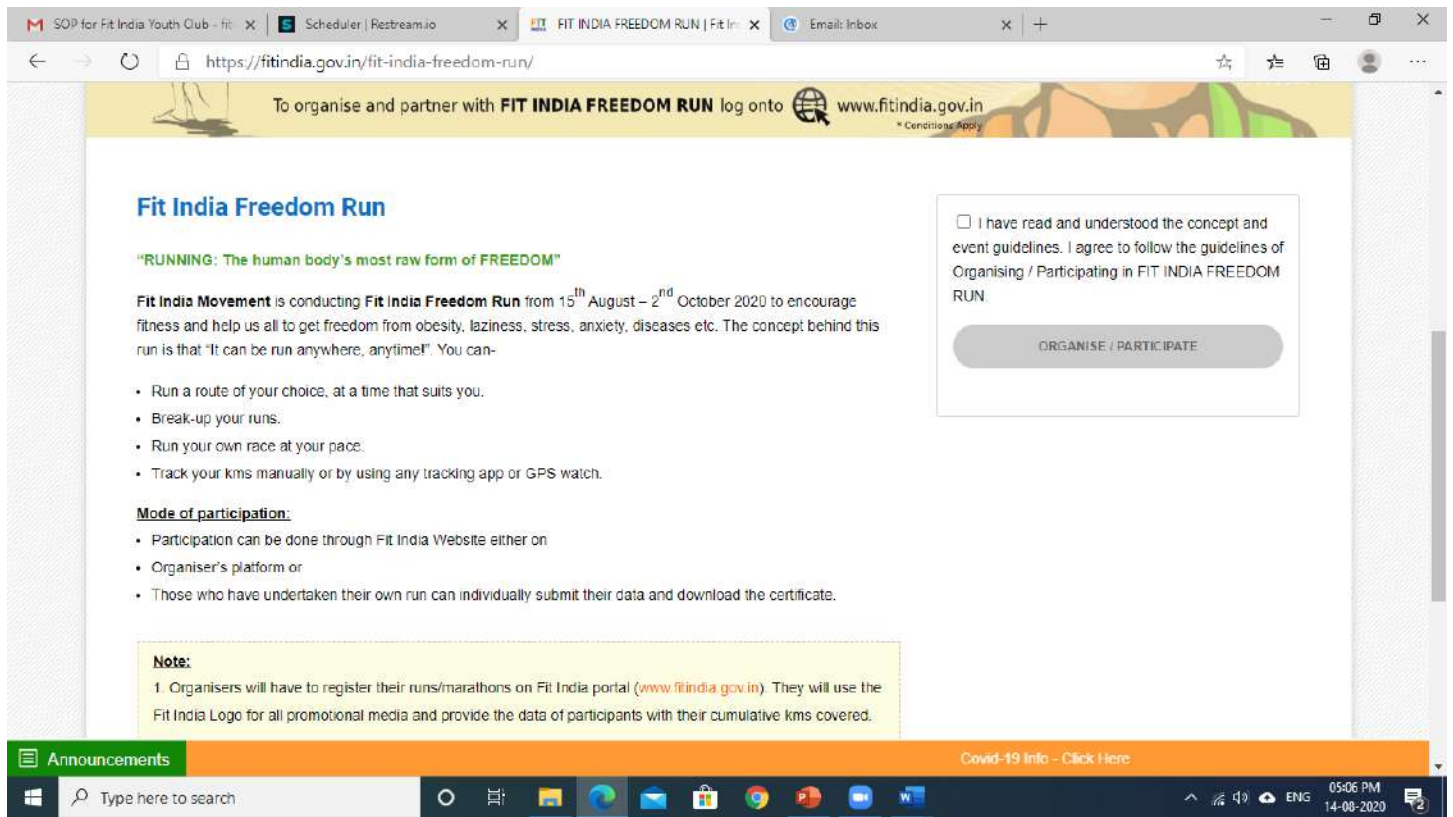
1. School will request students, their families, staff to run/ walk for Fit India Freedom Run from 15th August to 2nd October on any day(s).
2. Participants
  - a. run a route of their choice, at a time that suits them;
  - b. run their own race at their own pace;
  - c. track kms manually or by using any tracking app or GPS watch;
  - d. post their pictures on their social media with **#Run4India**
3. School will upload the data of total number of participants and cumulative distance covered by the participants on Fit India Portal.

**How to register and upload the data on Fit India portal-**

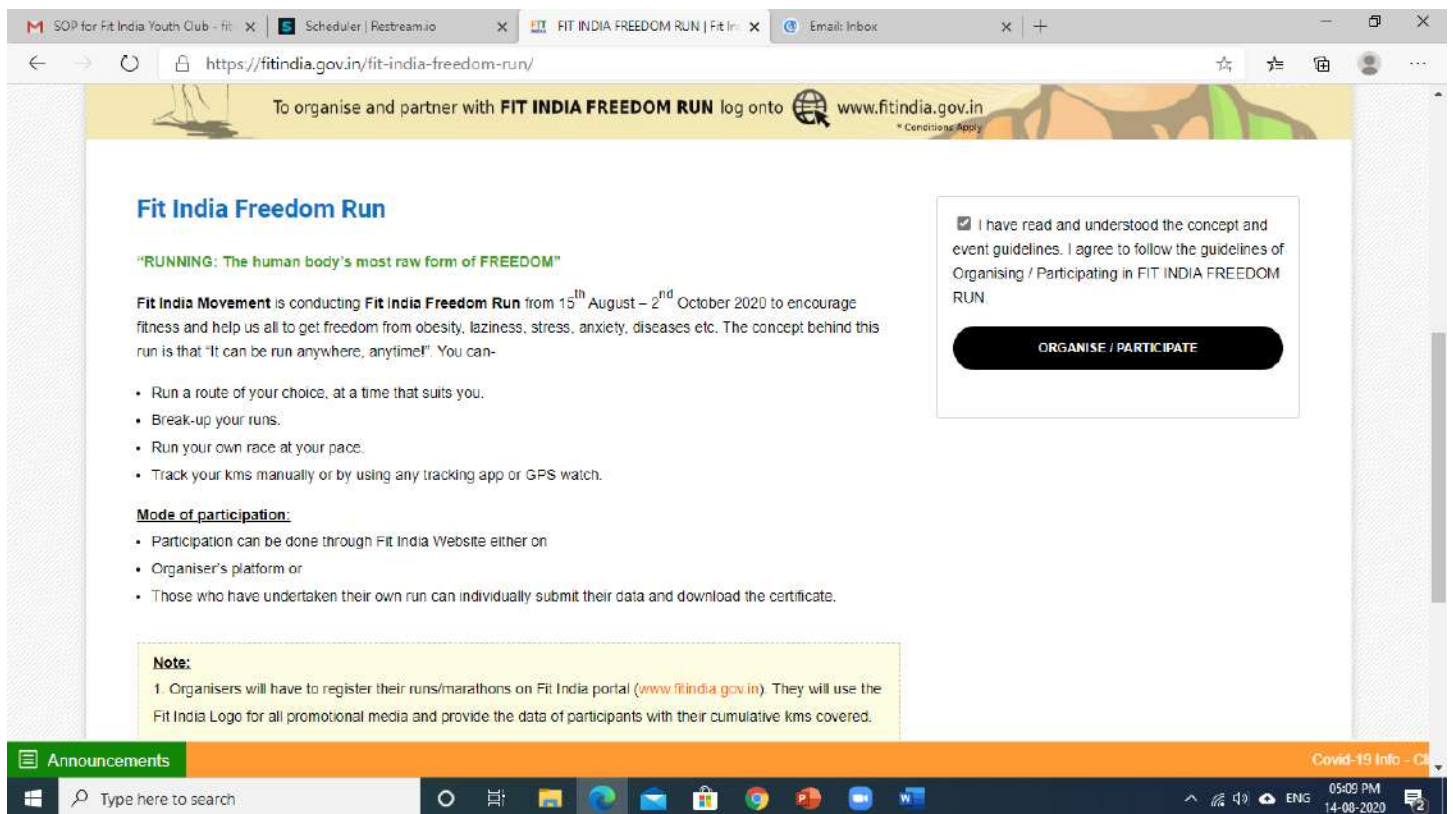
**Step-1:** On your desktop/Laptop/Mobile please open the internet browser (chrome/google) and on the top address bar please type [www.fitindia.gov.in](https://www.fitindia.gov.in) once you open the website below screen will appear.



**Step-2:** Please click on the banner for Fit India freedom Run where it says **Click Here** below screen will appear



**Step-3:** Tick the disclaimer and Click on **Organise/Participate**



**Step-4:** Once you click below screen will appear, please click on **Register as an organiser**

Register as an Organiser    Download SOP For Organiser

### Organiser's Event

Following are the links of Organiser's Run/Walk Event

	Company Name: <b>Procram</b> Event Name : <b>Sunfeast India Run-as-One</b> Registration Link: <a href="https://sunfeastindiarunasone.procram.in">https://sunfeastindiarunasone.procram.in</a>
	Company Name: <b>NEB Sports Entertainment Pvt. Ltd.</b> Event Name : <b>IDBI Federal Future Fearless Marathon</b> Registration Link: <a href="https://click2race.com/#/event/BJ9hVEmJD">https://click2race.com/#/event/BJ9hVEmJD</a>

### Individual Details

Individuals can record details of their run / walk undertaken from 15th Aug, 2020

Name

Email

Contact Number

From Date

To Date

Announcements    Covid-19 Info - Click Here

**Step-5:** If you are already registered user with us you can click on **login** or if you are new user please register yourself as **School**.

Already have an account? [Login](#)

### Register

Register As  
 Other    Ministry

SCHOOL

Name    U-Dise Number

Email    Mobile

State    District

Block    City/Town/Village

Password    Confirm Password

Please Enter the Captcha Text

Announcements    Covid-19 Info - Click Here

**Step-6:** One you have logged in below screen will appear for organising the **Fit India Freedom Run Event**.

The screenshot shows a web browser window with the URL <https://fitindia.gov.in/create-event/>. The page title is "Organise an Event". On the left, there is a navigation menu with "Organise an Event" (active) and "My Events". The main form contains the following fields:

- Event Category\***: A dropdown menu with "FIT INDIA FREEDOM RUN" selected.
- Upload a poster image for Event\***: A "Choose File" button with "No file chosen" text.
- Event Date\***: Two date pickers labeled "From Date" and "To Date", both showing "dd-mm-yyyy".
- Event Name\***: An empty text input field.
- Organisation's Name\***: An empty text input field.
- No of Participants**: An empty text input field.
- Cumulative KM Run/Covered (All Participants)**: An empty text input field.

At the bottom of the page, there is an orange banner with "Announcements" on the left and "Covid-19 Info - Click Here" on the right. The Windows taskbar is visible at the bottom, showing the search bar and various application icons.

**Step-7:** Please enter the details of the event and click on **submit** to download the certificate.

This screenshot shows the same "Organise an Event" form, but with the following details entered:

- Event Name\***: Marathon
- Organisation's Name\***: Mount Carmel School
- No of Participants**: 500
- Cumulative KM Run/Covered (All Participants)**: 1000

Below the input fields, there is a yellow box for the **Undertaking\*** section, which contains a checked checkbox and the text: "I undertake to submit complete details of the number of participants and the cumulative KM Run/Covered after the event, I also undertake to follow the guidelines of fit india logo if downloaded for the event."

Below the undertaking section, there is a **Please Enter the Captcha Text** section with a "CneHTW" captcha image and a corresponding input field containing "CneHTW".

At the bottom of the form, there is a pink **SUBMIT** button.

The Windows taskbar at the bottom shows the search bar and various application icons, with the system clock displaying 05:45 PM on 14-08-2020.

**FIT**  
INDIA  
**FREEDOM**



*Congratulations to*

**Shubham**

FOR SUCCESSFULLY PARTICIPATING IN  
FIT INDIA FREEDOM RUN  
From 15<sup>th</sup> August - 2<sup>nd</sup> October

